

Critical Incident Stress Management Program

South Central MN EMS

Mark Griffith - MPA, NREMT

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- EMT (22 years)
 - St. Charles, Plainview, Le Center, New Richland
- South Central Minnesota EMS Regional System
 - Education Coordinator (2009-2014)
 - Executive Director (2014-present)
- South Central CISM Team Member (2009-Present)

South Central MN EMS

- Serves population of approximately 250,000 in a nine-county region
 - Blue Earth
 - Brown
 - Faribault
 - Le-Sueur
 - Martin
 - Nicollet
 - Sibley
 - Waseca
 - Watonwan

Population Served

- Emergency Services - Public Safety
 - Law Enforcement
 - Fire/Rescue
 - EMS
 - Dispatch Communications
 - Hospital Staff



Population Served

- >2500 Primary Emergency Services Responders
- Other Support Occupations
 - Physicians
 - Nurses
 - Facility Support Staff



South Central MN EMS

- Public Safety
 - Funding
 - Continuing Education
- Crash Safety
- Public Safety Promotion
 - Seat-belts use
 - Child Safety Seats
- CISM Program



CISM Services

- Pre-Incident Preparation
 - Education
 - Training
 - Planning
 - Development
- Individual - Group Crisis Intervention
- On-Scene support

CISM Services

- Support Services for Significant Others
 - Public Safety 'Family'
- Crisis Management Briefings
 - Large groups or events, non-homogenous groups
- Follow-up Services
- Referral
- Mutual Aid

Critical Incident Stress Management (CISM)



- Educational
- Voluntary
- Structured
- Group meeting, or One-to-One Peer
- Allows for open discussion
- Reduces impact
- Speeds recovery

CISM

- Is only ONE of the tools..
- Peer Driven
 - Is NOT counseling
- Will NOT 'fix' it all
- Helpful for most
 - but not always ... at the time

Critical Incident Stress Management

- Ideally applied to:
 - homogenous groups
 - all persons have experienced approximately the same level of traumatic exposure

*CISM Process is NOT counseling-therapy

CISM Process

- Promotes understanding
- Promotes return to normal activity
- Accelerates healing process

Critical Incident Management Team

CISM Team:

- Trained Peers
- Mental Health Professional (Oversite)

Funded by:

- seat-belt fines
- donations
- fund-raising



CISM Programs

Pre-Incident Preparation

- Education
- Training
- Planning
- Development
- Individual Crisis Intervention
- On-Scene support
- Support Services for Significant Others
- Follow-up Services/Referral



What is a Critical Incident?

- Emergency Services personnel experience more traumatic events than the general public *as part of their regular duty...*



Critical Incident-Definition

- Line-of-Duty Death
- Death/Trauma of a Child
- Use of Deadly Force
- Death of a Co-Worker
- Multiple Casualty/Disaster
- Fire Death
- Suicide
- Incident involving Person (s) Previously Known
- Multiple Critical Incidents
- Difficult/Failed Rescue Effort



Critical Incident-Common Signs and Signals

Physical

Chills
Fatigue
Weakness
Chest Pain
Elevated BP/HR

Cognitive

Confusion
Nightmares
Hypervigilance
Poor Concentration/Memory
Poor Problem Solving

Emotional

Fear
Guilt
Grief
Depression
Emotional Outbursts

Behavioral

Withdrawn
Change in Social Activity
Change in Appetite
Change in Usual Communications

Critical Incident-Model

- Introduction
- Facts
- Thoughts and Reactions
- Education
- Wrap Up



Critical Incident Stress Management

- De-briefing

- Homogenous, voluntary group or individual session
- Led by a CISM team of trained emergency service Peers (MH professional oversight)
- (24-72) hours after an incident
- (1-3) hours in length
- Designed to lessen the impact/promote healing

Critical Incident Stress Management

- Defusing

- Held immediately after the critical incident
- Not as formal as a debriefing
- May be One-on-One

Critical Incident Stress Management

- Education
 - Pre-Incident Education
 - Nature and Physiology of Stress
 - Stress management
 - Well-being, Resilience Training
 - CISM process

Critical Incident Stress Management (CISM)

- Designed for Public Safety Personnel
- Personal Strategy + CISM
(other MH resources)

Managing Stress

Recognize Warning Signs

Be Aware! What is your limit?

Reality Check: "Is this as bad as it seems?"

Take a break (It's ok to say no once in a while)

Adequate sleep

Nutrition

Exercise

Support System

Play

Learn Something New

"Backpack of Sanity"

Managing Stress



Thank You

Questions